



NATIONAL OPEN UNIVERSITY OF NIGERIA

Plot 91, Cadastral Zone, Nnamdi Azikwe Express Way, Jabi, Abuja, FCT

Faculty of Health Sciences

January, 2018

Programme: Bachelor of Nursing Science

Course Code: NSS401

Course Credit Unit: 4

Course Title – Mental Health and Psychiatric Nursing I

Time Allowed: 2 hours

Total Score: 70 marks

Instruction: Answer question All questions

1. (a) Define mental health and mental illness. (4 marks)
(b) Highlights at list six (6) Positive characteristics of mental health (6 marks)
(c) Explain at least five (5) factors that are thought to be affecting mental health (10 marks)
(d) List ten (10) functions of a mental health/psychiatric nurse (10 marks)

2. (a). What do you understand by defence mechanisms? (2 marks)
(b) Briefly explain with examples the following defensive mechanisms
i. Avoidance
ii. Compensation
iii. Denial of reality
iv. Dissociation
v. Projection (3 marks each)
(c). identify the major types of coping strategies to minimize the impact of stress on mental health (3 marks)

3. (a) Explain the term Delusion (2 marks)
(b). Briefly discuss four delusions related to depressive illnesses (8 marks)
(c) .Explain what type of information is recorded for each axis of the DSM-IV. (5 marks)
(d). State the differences between ICD10 and DSMIV (5 marks)